

TABLE 1-continued

| Example of the Dietary Supplement of the Invention; Unit Dosage, Daily Dosage, and Daily Dosage Ranges According to the Present Invention. | | | | | | |
|--|---------------|--------------------|-------------|--------------|-----------------------------------|--------------------------|
| Component | mg/cap | Effective dose/cap | % by weight | Caps per day | Daily Dose (preferred embodiment) | Range (per day) |
| Selenium (selenium acid chelate 0.2%) | 0.875 mg/cap | 17.5 ug/cap | 0.153% | 4 | 70 ug | 50-100 ug |
| Lutein (5% FloraGlo) | 75 mg/cap | 3.75 mg/cap | 13.139% | 4 | 15 mg | 10-20 mg |
| Zeaxanthin (5%) | 3.75 mg/cap | 0.188 mg/cap | 0.657% | 4 | 1 mg | 0.5-4 mg |
| Bilberry Extract (assorted flavonoids) | 15 mg/cap | 15 mg/cap | 2.628% | 4 | 60 mg | 50-120 mg |
| Eye Bright (powder) (Tannins, Antioxidants) | 30 mg/cap | 30 mg/cap | 5.256% | 4 | 120 mg | 60-250 mg |
| Spinach (leaf powder) (antioxidants, vitamin C, E; K+, Mg, folic acid (B9)) | 17.495 mg/cap | 17.495 mg/cap | 3.065% | 4 | 70 mg | 30-100 mg |
| Alfalfa (grass powder) (Ca, K+, Fe, Mg, P; vit A, B6, D, K, E) | 10 mg/cap | 10 mg/cap | 1.752% | 4 | 40 mg | 20-80 mg |
| alpha-Lipoic Acid | 0.005 mg/cap | 0.005 mg/cap | 0.001% | 4 | 0.020 mg | 5-100 mcg |
| Citrus Bioflavonoid Complex (35%) | 12.5 mg/cap | 4.375 mg/cap | 2.19% | 4 | 18 mg | 10-50 mg |
| Cellulose Fiber (BH200) | 20 mg/cap | 20 mg/cap | 3.504% | 4 | 80 mg | Inert Matrix Ingredients |
| Magnesium (magnesium stearate) | 5 mg/cap | 5 mg/cap | 0.876% | 4 | 20 mg | 5-50% by weight |
| Silica (inert matrix) | 5 mg/cap | 5 mg/cap | 0.876% | 4 | 20 mg | |
| Total | 571 mg | | 100% | | | |

What is claimed is:

1. A dietary supplement composition for improving retinal health comprising:

from about 0.3% to about 1% by weight of vitamin A, as retinyl palmitate;

from about 0.5% to about 1.5% by weight of beta-carotene;

from about 15% to about 30% by weight of vitamin E, as d,l-alpha tocopherol;

from about 15% to about 30% by weight of vitamin C;

from about 10% to about 25% by weight of zinc, as zinc ascorbate;

from about 0.1% to about 1% by weight of copper, as copper gluconate;

from about 0.05% to about 0.5% by weight of selenium, as selenium acid chelate;

from about 2.0% to about 20% by weight of lutein;

from about 0.1% to about 1% by weight of zeaxanthin;

from about 0.5% to about 5% by weight of bilberry extract;

from about 1% to about 10% by weight of eyebright;

from about 0.5% to about 5% by weight of spinach;

from about 0.25% to about 2.5% by weight of alfalfa;

from about 0.0001% to about 1.5% by weight of ALA;

from about 0.5% mg to about 5% by weight of citrus bioflavonoid complex;

from about 1% to about 5% by weight of cellulose fiber;

from about 0.15% to about 1.5% by weight of magnesium; and

from about 0.15% to about 1.5% by weight of silica.

2. The dietary supplement of claim 1, wherein the supplement further comprises at least one of a carrier, excipient, emulsifier, stabilizer, sweetener, flavoring agent, diluent, coloring agent, solubilizing agent or combinations thereof.

3. The dietary supplement of claim 2, wherein the supplement composition is formed into an orally ingestible dosage form to be taken daily.

4. The dietary supplement of claim 3, wherein the orally ingestible dosage form is selected from the group consisting of a capsule, tablet, caplet, softgel, sustained release tablet, enterically coated tablet, liquid, gel, powder, and any combination thereof.

5. The dietary supplement of claim 4, wherein the orally ingestible dosage form is divided into two or more daily dosage units.

6. The dietary supplement of claim 5, wherein the daily dosage units comprise two doses of two capsules per dose.

7. A dietary supplement comprising, on a daily dosage basis:

from about 4500 IU to about 5500 IU of vitamin A;

from about 100 IU to about 600 IU vitamin E;

from about 500 mg to about 1000 mg of vitamin C;

from about 70 mg to about 100 mg of zinc;

from about 1.5 mg to about 3.5 mg of copper;

from about 60 µg to about 100 µg of selenium;

from about 10 mg to about 20 mg of lutein;

from about 0.5 mg to about 3 mg of zeaxanthin;

from about 55 mg to about 100 mg of bilberry extract;

from about 100 mg to about 200 mg of eyebright;

from about 40 mg to about 80 mg of spinach;

from about 30 mg to about 60 mg of alfalfa;

from about 5 µg to about 60 µg ALA;

from about 15 mg to about 45 mg of citrus bioflavonoid complex;

from about 60 mg to about 100 mg of cellulose fiber;

from about 10 mg to about 40 mg of magnesium; and

from about 15 mg to about 35 mg of silica.

8. The dietary supplement of claim 7, wherein the supplement further comprises at least one of a carrier, excipient, emulsifier, stabilizer, sweetener, flavoring agent, diluent, coloring agent, solubilizing agent or combinations thereof.

9. The dietary supplement of claim 8, wherein the supplement composition is formed into an orally ingestible dosage form to be taken daily.